

**Claims**

I claim:

1. A sock, particularly for use in sporting activities, which has a cushion padding in the area of the Achilles tendon, characterized in that, the cushion padding is formed from at least two spacer cushion pads (24, 25), which are positioned on both sides of and along the Achilles tendon.
2. A sock in accordance with claim 1, characterized in that, a transition piece (26) is inserted between the spacer cushion pads (24, 25).
3. A sock in accordance with claim 2, characterized in that, the transition piece (26) is designed in the form of a cushion pad which has a smaller thickness than the spacer cushion pads (24, 25).
4. A sock in accordance with claim 2, characterized in that, the transition piece (26) is produced from climate-regulating fabric.
5. A sock in accordance with claim 3, characterized in that, the transition piece (26) is produced from climate-regulating fabric.
6. A sock in accordance with claim 1, characterized in that, the spacer cushion pads (24, 25) are adjusted to the anatomical shape of the foot in the area of the Achilles tendon.
7. A sock in accordance with claim 1, characterized in that, the spacer cushion pads (24, 25) consist of internally hollow fibers, which are surrounded by wool or cotton.
8. A sock in accordance with claim 1, characterized in that, the sock has additional cushion pads (22, 23).

9. A sock in accordance with claim 1, characterized in that, the sock is equipped with an X-cross bandage.
10. A sock in accordance with claim 1, characterized in that, the sock has an air channel (27).
11. A sock in accordance with claim 2, characterized in that, the spacer cushion pads (24, 25) are adjusted to the anatomical shape of the foot in the area of the Achilles tendon.
12. A sock in accordance with claim 3, characterized in that, the spacer cushion pads (24, 25) are adjusted to the anatomical shape of the foot in the area of the Achilles tendon.
13. A sock in accordance with claim 4, characterized in that, the spacer cushion pads (24, 25) are adjusted to the anatomical shape of the foot in the area of the Achilles tendon.
14. A sock in accordance with claim 2, characterized in that the spacer cushion pads (24, 25) consist of internally hollow fibers, which are surrounded by wool or cotton.
15. A sock in accordance with claim 2, characterized in that, the sock has additional cushion pads (22, 23).
16. A sock in accordance with claim 2, characterized in that, the sock is equipped with an X-cross bandage.
17. A sock in accordance with claim 2, characterized in that, the sock has an air channel (27).

18. A sock in accordance with claim 3, characterized in that, the sock has an air channel (27).

19. A sock in accordance with claim 3, characterized in that, the sock has additional cushion pads (22, 23).

20. A sock in accordance with claim 3, characterized in that, the sock is equipped with an X-cross bandage.